



# Aquatics

SPRING 2016

NOW OFFERING  
**ONLINE**  
**REGISTRATION!**  
SEE PG. 2 FOR DETAILS



Town of Warrenton  
Parks & Recreation Department  
800 Waterloo Road, Warrenton, VA  
540.349.2520  
[www.warrentonva.gov](http://www.warrentonva.gov)

# REGISTRATION

## Registering for swim lessons is as easy as 1 - 2 - 3!

1. Choose your Block - see page 5.
2. Choose your class based on age and ability level. See class descriptions on page 4.
3. Choose day(s) of the week and time slot based on the class and block of your choice, pages 6-7.

Scan with your smart phone to access all of the information from this booklet on the web!



## Now Offering Online Registration!

To access Online Registration, go to **[www.warfonline.com](http://www.warfonline.com)** or scan code below



**If you've taken swim lessons at the WARF before**, you already have an account. Click the "Forgot Password/ Create Logins?" link and enter your email address. Your temporary password will be emailed to you with instructions on logging into your account.

**If it's your first time enrolling in swim lessons**, become a Guest and fill out the requested information. After you've created/accessed your account, you will be able to register for classes. Please note that the account should be created for the person taking the class.

**If you have problems or questions**, please call 540-349-2520.

# IMPORTANT INFORMATION:

## STUDENT PLACEMENT & ADVANCEMENT

Please read the descriptions of each class to register for the appropriate skill level. Each level is based on a progression of swimming skills and **may need to be repeated until the student is comfortable enough with the skills to progress to the next level.**

## PARENTS, GUARDIANS & GUESTS

During swim lessons, observers may watch their children from the chairs on deck or the bleacher area. Patrons accompanying students in aquatics programs who would like to use the facility must pay general admission fees.

## GOGGLES

It is recommended that students not wear goggles while in preschool and lower level classes. Goggles can be worn in Levels 3, 4, & 5, once students are working on developing and improving their strokes.

## WAIT LISTS

If a class reaches the maximum number of participants, we will put you on a wait list and make every effort to either create an additional class or to add an aide to the existing class.

## CLASS MAKE-UPS

You may only attend classes for which you are registered. No make-ups are allowed in other classes. If the WARF cancels a class, every effort will be made to provide a make-up class.

## RETURNED CHECK FEE

Returned checks will result in a \$25 service fee. This fee will be payable by cash only. The WARF cannot re-deposit returned checks.

## WHAT IS A BLOCK?

A block is a period of time when lessons are offered (like a session).

## CANCELLATION AND REFUND POLICY

If you cancel your class prior to the close of registration, you will receive a credit for another class in another session. If the WARF cancels a class due to low enrollment and we cannot place you in another suitable class, you will receive a credit to another class in another session. If you are not able to participate in another session, please fill out a refund request form to be reviewed by management staff. Please allow 1-2 weeks for a check refund. If you cancel your class prior to the close of registration you will receive a refund minus a \$10.00 cancellation fee. No refunds are available once classes have begun.

## CLASS MINIMUM REQUIREMENTS

All classes must meet the minimum number of participants requirement. If your class selection does not meet that requirement, you will be notified by phone or email prior to the scheduled start date. All classes that do not have the minimum number of participants will a) be combined with another similar class to meet the minimum requirements or b) be cancelled. If you have indicated on your registration form a second choice of class, we will move your child to that class and notify you of the change.

## DIAPERS

Non-potty trained participants must wear snug fitting plastic pants and/or swim diapers under swim suit – no disposable or cloth diapers, please.

# Class Descriptions

**Please note that swim lesson participants may need to repeat lessons until the student is comfortable enough with the skills to progress to the next level.**

## parent & child 1 (6 - 18 months)

**Water Firsts!** Explore the wonders of the water through songs, toys and games. Adults learn proper holding techniques to provide a safe, secure and fun environment for their little ones.

## parent & child 2 (18 months - 3 years)

**Attention brave toddlers!** Focusing on water safety, caring adults assist children to work toward independence, buoyancy and locomotion water skills through songs, toys and games.

## preschool 1 (ages 3-5 years)

**Preschooler new to swim lessons?** While enjoying the water and gaining confidence, preschoolers learn basic skills including getting their faces wet, blowing bubbles and floating.

## preschool 2 (ages 3-5 years)

**Do you have a preschooler who doesn't mind getting their face wet?** This class works on transitioning the preschooler into independent performance of skills. Skills include gliding, floating and using combined arm and leg actions. Skills can be performed with assistance from instructor.

## preschool 3 (ages 3-5 years)

**Is your preschooler water savvy and ready to swim unassisted?** This class is for the independent preschooler. Preschoolers work on swimming 3-5 body lengths and floating on their backs for 15 seconds unassisted.

## youth 1 (ages 6 - 14 years)

**Is your child new to swim lessons and in need of a gentle introduction?** Swimmers learn water safety skills, breathing, buoyancy, basic locomotion and gliding 2 body lengths.

## youth 2 (ages 6 - 14 years)

**Does your swimmer love to jump into the water?** Swimmers continue water safety skills, breathing, buoyancy, locomotion and increase gliding skills to 5 body lengths and floating on their backs for 15 seconds. Rotary breathing, front, tuck and jelly fish floats are introduced.

## youth 3 (ages 6 - 14 years)

**Ready to develop your inner swimmer?**  
**Does your swimmer swim front crawl 15 yards?** Your swimmer will expand their stroke development with addition of elementary backstroke, scissor and breaststroke kicks. Swimmers strive to improve their endurance, buoyancy, rotary breathing and front crawl. Progression of diving is introduced.

## youth 4 (ages 6 - 14 years)

**Ready to fly?** Emphasis is on maintaining a strong front crawl and elementary backstroke, with the addition of breaststroke, sidestroke and butterfly!! Open turns and dives are practiced.

## youth 5 (ages 6 - 14 years)

**Ready to go the distance?** Swimmers will work on previous level skills while adding more distance to established strokes, along with the addition of flip turns.

# Spring 2016

## BLOCKS & DATES

Block 4	Days	First Class	Last Class	Registration Opens/Closes		No Class
	Monday	22-Feb	4-Apr	18-Jan	16-Feb	21-Mar
	Tuesday	23-Feb	5-Apr	18-Jan	16-Feb	22-Mar
	Wednesday	24-Feb	6-Apr	18-Jan	16-Feb	23-Mar
	Thursday	25-Feb	7-Apr	18-Jan	16-Feb	24-Mar
	Friday	26-Feb	8-Apr	18-Jan	16-Feb	25-Mar
	Saturday	27-Feb	9-Apr	18-Jan	16-Feb	26-Mar
	Sunday	28-Feb	10-Apr	18-Jan	16-Feb	27-Mar

Block 5	Days	First Class	Last Class	Registration Opens/Closes		
	Monday	11-Apr	16-May	7-Mar	4-Apr	
	Tuesday	12-Apr	17-May	7-Mar	5-Apr	
	Wednesday	13-Apr	18-May	7-Mar	6-Apr	
	Thursday	14-Apr	19-May	7-Mar	7-Apr	
	Friday	15-Apr	20-May	7-Mar	8-Apr	
	Saturday	16-Apr	21-May	7-Mar	9-Apr	
	Sunday	17-Apr	22-May	7-Mar	10-Apr	

## FEES

	Fee
Parent & Child 30 minute classes	\$49.00
Preschool 30 minute classes	\$49.00
Youth 40 minute classes	\$65.00

	Fee
Late Registration Fee	\$10.00
Transfer Fee	\$5.00

# CLASS OFFERINGS

## BY CLASS

**Classes meet 1x each week for 6 weeks...Pick your day!**

### Parent & Child 1-2

Class	Class Code	Day	Time	Instructor
Parent & Child 1-2	RHPC1-21	Thursday	1:20p-1:50p	Suzanne
Parent & Child 1-2	RPC1-22	Thursday	6:30p-7:00p	Leslie
Parent & Child 1-2	FPC1-21	Friday	9:00a-9:30a	Suzanne
Parent & Child 1-2	SPC1-21	Saturday	8:50a-9:20a	Leslie
Parent & Child 1-2	SUPC1-21	Sunday	4:40p-5:20p	John

### Preschool 1

Class	Class Code	Day	Time	Instructor
Preschool 1	MP11	Monday	4:30p-5:00p	Morgan
Preschool 1	TP11	Tuesday	5:50p-6:20p	Hannah
Preschool 1	WP11	Wednesday	1:10p-1:40p	Leslie
Preschool 1	RHP11	Thursday	2:00p-2:30p	Stephen
Preschool 1	RP11	Thursday	4:30p-5:00p	Leslie
Preschool 1	FP11	Friday	9:40a-10:10a	Suzanne
Preschool 1	FP12	Friday	4:00p-4:30p	John
Preschool 1	SP11	Saturday	9:30a-10:00a	Leslie
Preschool 1	SP12	Saturday	11:30a-12:00p	Leslie
Preschool 1	SUP11	Sunday	3:10p-3:40p	John

### Preschool 2

Class	Class Code	Day	Time	Instructor
Preschool 2	MP21	Monday	5:10p-5:40p	Morgan
Preschool 2	TP21	Tuesday	6:30p-7:00p	Hannah
Preschool 2	WP21	Wednesday	1:50p-2:20p	Leslie
Preschool 2	RHP21	Thursday	2:00p-2:30p	Suzanne
Preschool 2	RP21	Thursday	5:10p-5:40p	Leslie
Preschool 2	FP21	Friday	10:20a-10:50a	Suzanne
Preschool 2	FP22	Friday	4:40p-5:10p	John
Preschool 2	SP21	Saturday	9:50a-10:20a	Hannah
Preschool 2	SP22	Saturday	10:10a-10:40a	Leslie
Preschool 2	SUP21	Sunday	1:40p-2:10p	John

## Preschool 3

Class	Class Code	Day	Time	Instructor
Preschool 3	MP31	Monday	5:50p-6:20p	Morgan
Preschool 3	TP31	Tuesday	5:10p-5:40p	Hannah
Preschool 3	WP31	Wednesday	2:30p-3:00p	Leslie
Preschool 3	RHP31	Thursday	1:20p-1:50p	Stephen
Preschool 3	RP31	Thursday	5:50p-6:20p	Leslie
Preschool 3	FP31	Friday	11:00a-11:30a	Suzanne
Preschool 3	FP32	Friday	3:50p-4:20p	Florence
Preschool 3	SP31	Saturday	10:30a-11:00a	Hannah
Preschool 3	SP32	Saturday	10:50a-11:20a	Leslie
Preschool 3	SUP31	Sunday	1:00p-1:30p	John

## Youth 1

Class	Class Code	Day	Time	Instructor
Youth 1	TY11	Tuesday	4:30p-5:10p	Morgan
Youth 1	RHY11	Thursday	12:30p-1:10p	Suzanne
Youth 1	RY11	Thursday	6:10p-6:50p	Jim
Youth 1	FY11	Friday	6:10p-6:50p	John
Youth 1	SY11	Saturday	11:10a-11:50a	Hannah

## Youth 2

Class	Class Code	Day	Time	Instructor
Youth 2	TY21	Tuesday	6:10p-6:50p	Morgan
Youth 2	RHY21	Thursday	12:30p-1:10p	Stephen
Youth 2	RY21	Thursday	5:20p-6:00p	Jim
Youth 2	FY21	Friday	5:20p-6:00p	John
Youth 2	SY21	Saturday	9:00a-9:40a	Hannah
Youth 2	SUY21	Sunday	12:10p-12:50p	John

## Youth 3-5

Class	Class Code	Day	Time	Instructor
Youth 3	MY31	Monday	6:30p-7:10p	Morgan
Youth 3	TY31	Tuesday	5:20p-6:00p	Morgan
Youth 3	RHY31	Thursday	11:40a-12:20p	Suzanne
Youth 3	RY31	Thursday	4:30p-5:10p	Jim
Youth 3	FY31	Friday	4:30p-5:10p	Florence
Youth 3	SY31	Saturday	8:10a-8:50a	Hannah
Youth 3	SUY31	Sunday	2:20p-3:00p	John
Youth 4	FY41	Friday	5:20p-6:00p	Florence
Youth 5	FY51	Friday	6:10p-6:50p	Florence
Youth 4-5	RHY4-51	Thursday	11:40a-12:20p	Stephen
Youth 4-5	SUY4-51	Sunday	3:50p-4:30p	John



# HOMESCHOOL CLASS OFFERINGS

## BY CLASS\*

Homeschool-friendly classes are offered on Thursdays 11:40a-2:30p

Class	Class Code	Day	Time	Instructor
Parent & Child 1-2	RHPC1-21	Thursday	1:20p-1:50p	Suzanne
Preschool 1	RHP11	Thursday	2:00p-2:30p	Stephen
Preschool 2	RHP21	Thursday	2:00p-2:30p	Suzanne
Preschool 3	RHP31	Thursday	1:20p-1:50p	Stephen
Youth 1	RHY11	Thursday	12:30p-1:10p	Suzanne
Youth 2	RHY21	Thursday	12:30p-1:10p	Stephen
Youth 3	RHY31	Thursday	11:40a-12:20p	Suzanne
Youth 4-5	RHY4-51	Thursday	11:40a-12:20p	Stephen

\* Classes also shown on pages 6 and 7.





# WARF Swim Club

Take the plunge into WARF SWIM CLUB where those who have completed Level 5 swim lessons (or equivalent) can refine their technique, build endurance and just have fun. Learn starts and turns, build skills, and stay in shape in a supportive environment. Proper stroke technique is emphasized, as each student learns to improve their swimming abilities. This is not a swim team, but is a good bridge for those who wish to work towards participating with a competitive swim team. **Prerequisite skills:** Perform a shallow-angle dive into water of at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout. Swim breaststroke for 25 yards, change direction of travel as necessary and swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Evaluations are available, when needed, to assess swimming ability and placement in the Swim Club. Please see a Front Desk staff member for more information.

## Block 4

### Registration Opens: January 11

Dates	Class Code	Days	Time	Cost	Instructor
2/22-4/4	MSC41	Monday	5:30p - 6:30p	\$75.00	Betty
2/24-4/6	WSC41	Wednesday	5:30p - 6:30p	\$75.00	Betty
2/27-4/9	SSC41	Saturday	12:00p - 1:00p	\$75.00	Hannah

## Block 5

### Registration Opens: March 7

Dates	Class Code	Days	Time	Cost	Instructor
4/11-5/16	MSC51	Monday	5:30p - 6:30p	\$75.00	Betty
4/13-5/18	WSC51	Wednesday	5:30p - 6:30p	\$75.00	Betty
4/16-5/21	SSC51	Saturday	12:00p - 1:00p	\$75.00	Hannah

# Summer Prep Program

Designed to get summer swim team swimmers back in the pool and ready for their summer teams! Swimmers will be working on stroke technique, starts, turns and endurance.

**Prerequisite:** Previous competitive swim team experience is highly recommended, but not necessary if you can comfortably swim 25 yards freestyle and 25 yards back stroke and plan to be on a summer team. Classes meet twice a week for six weeks.

### OPTION 1 - Registration Opens Jan 11

#### February 22 - April 6

Days: Mon/Wed  
Time: 6:30p-7:30p  
Cost: \$149  
Code: SP1  
Instructor: Betty

### OPTION 2 - Registration Opens March 1

#### April 18 - May 25

Days: Mon/Wed  
Time: 6:30p-7:30p  
Cost: \$149  
Code: SP2  
Instructor: Betty

# Lifeguard Recertification Training Blended Learning

Participants must provide a current copy of American Red Cross Lifeguard certification and successfully pass the pre-requisite swim that will be administered at the start of the in-person skill session. This is a blended learning course. Participants will be sent a link and will be required to complete the classroom portion on-line. Please note: there will be an additional \$35 cost paid directly to American Red Cross upon on-line enrollment via instructor sent link. The one-day skills session will include First Aid/CPR/AED, & a Waterpark skills component. Participants should bring their own breathing barriers or may purchase one the day of class. Be sure to include an active email address at time of registration.

**Prerequisite Swim:** 300 yard continuous swim demonstrating breath control and rhythmic breathing (any combination of front crawl and breaststroke). Tread water for 2 minutes using only the legs. Timed event (1 min 40 sec): starting in water, swim 20 yds, retrieve 10 lb brick from depth of 7-11 ft and swim 20 yds back to side of pool and exit water.

## Lifeguard Recertification Training

**Register for class by May 8**

<u>Class</u>	<u>MayLGBL</u>		
Sunday	7:00a - 6:00p	05/15	\$150.00

**Instructor: Denise**

# Water Safety Instructor (WSI)

Become an American Red Cross (ARC) Water Safety Instructor (WSI). This course will train you on how to be a swim lesson instructor to include the Water Safety courses and the many levels of the ARC Learn to Swim program. ARC instructors are in demand across the country and certification is recognized nationwide. Age requirement: must be 16 years of age by the last day of class. Must complete and pass the pretest swim before enrolling in the WSI class. (Participants must sign up for the pretest swim. If participant passes the pretest swim, they can then pay for the WSI class.)

**Pretest swim:** Swim 20 yds each of front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 15 yds of butterfly. Maintain position on back for 1 minute in deep water (floating or sculling) and tread water for 1 minute.

**Register for class by Mar 25**

<u>Prerequisite</u>	<u>AprWSIpre</u>			<u>Class</u>	<u>AprWSI</u>		
Friday	7:00p - 8:30p	04/01	\$50.00*	Saturday	8:30a - 4:00p	04/02	\$175.00
				Sunday	8:30a - 4:00p	04/03	
				Saturday	8:30a - 4:00p	04/09	
				Sunday	8:30a - 4:00p	04/10	

\*Prerequisite non-refundable

**Instructor: Denise**

# BECOME A Lifeguard!



**Get American Red Cross Lifeguard certified at the WARF and have the opportunity to work in a variety of exciting aquatic settings!**

This course covers the fundamental skills required to become a lifeguard. All students must be 15 years of age by the last day of class. Participants must register for the prerequisite swim. If participant passes the prerequisite swim, they can then enroll & pay for the Lifeguard class. Digital books and a loaner hard copy textbook will be made available to participants. Be sure to include an active email address at time of registration. This course includes: First Aid/CPR/AED, & a Waterpark skills component.

Prerequisite Swim: 300 yard continuous swim demonstrating breath control and rhythmic breathing (any combination of front crawl and breaststroke). Tread water for 2 minutes using only the legs. Timed event (1 min 40 sec): starting in water, swim 20 yds, retrieve 10 lb brick from depth of 7-11 ft and swim 20 yds back to side of pool and exit water. Those wishing to practice brick retrieval prior to prerequisite can go to the guard office and request brick.

\*Prerequisite non-refundable

## MARCH CLASS

**Register for class by February 26**

<b>Prerequisite</b>	<b>MarLG1pre</b>		
Friday	7:00p - 8:30p	03/04	\$50.00*
<b>Class</b>	<b>MarLG1</b>		
Saturday	8:30a - 4:00p	03/05	\$175.00
Sunday	8:30a - 4:00p	03/06	
Saturday	8:30a - 4:00p	03/12	
Sunday	8:30a - 4:00p	03/13	

## MARCH CLASS

**Register for class by March 14**

<b>Prerequisite</b>	<b>MarLG2pre</b>		
Monday	7:00p - 8:30p	03/21	\$50.00*
<b>Class</b>	<b>MarLG2</b>		
Tuesday	8:30a - 4:00p	03/22	\$175.00
Wednesday	8:30a - 4:00p	03/23	
Thursday	8:30a - 4:00p	03/24	
Friday	8:30a - 4:00p	03/25	

## APRIL CLASS

**Register for class by April 22**

<b>Prerequisite</b>	<b>AprLGpre</b>		
Friday	7:00p - 8:30p	04/29	\$50.00*
<b>Class</b>	<b>AprLG</b>		
Saturday	8:30a - 4:00p	04/30	\$175.00
Sunday	8:30a - 4:00p	05/01	
Saturday	8:30a - 4:00p	05/07	
Sunday	8:30a - 4:00p	05/08	

## MAY CLASS

**Register for class by May 20**

<b>Prerequisite</b>	<b>MayLGpre</b>		
Friday	7:00p - 8:30p	05/27	\$50.00*
<b>Class</b>	<b>MayLG</b>		
Saturday	8:30a - 4:00p	05/28	\$175.00
Sunday	8:30a - 4:00p	05/29	
Saturday	8:30a - 4:00p	06/04	
Sunday	8:30a - 4:00p	06/05	



**TOWN OF WARRENTON**  
Parks & Recreation

Town of Warrenton  
Parks & Recreation Department  
800 Waterloo Road, Warrenton, VA  
540.349.2520  
[www.warrentonva.gov](http://www.warrentonva.gov)